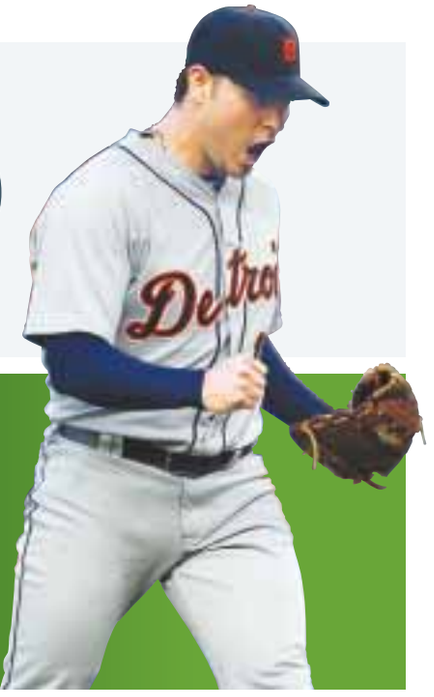
These tarts are sweet

Ricotta cheese and apples in homemade pastry capture the flavours of fall in a small bite PAGE 10

TIGERS POUNCE ON SERIES LEAD

DETROIT BLANKS NEW YORK IN THE BRONX FOR A 2-0 CUSHION IN THE ALCS PAGE 14



REGINA metro®

Monday, October 15, 2012

News worth sharing.

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Seeing traffic trouble ahead?

The loss of a pedestrian-only section of 12th Avenue in City Square Plaza has some who frequent the downtown hub worried PAGE 2

Taking lessons from tragedy

The mother of a Saskatoon boy who died after trying the 'choking game' is working to educate parents on high-risk behaviour among youth PAGE 2

Grade-Eh TV

Howie Mandel. Alex Trebek. Bumper Stumpers. Canada's game show heritage is as rich as a vat of maple syrup PAGE 7

TO THE OUTER LIMITS

The world was watching on Sunday as daredevil Felix Baumgartner of Austria jumped out from his capsule to begin his skydive over Roswell, N.M. Baumgartner broke a 52-year-old record by skydiving from 38.6 kilometres above the Earth, and became the first skydiver to break the sound barrier. Go to metronews.ca for a photo gallery and reaction. See story on page 3.

STEFAN AUFSCHNAITER/RED BULL/THE ASSOCIATED PRESS

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NEWS 1

More traffic in City Square Plaza causes safety concerns

Speaking their minds. Pedestrians, shoppers sound off on prospect of more traffic in the downtown area

ROB BROWN
rob.brown@metronews.ca

The idea of a traffic increase on City Square Plaza Monday isn't sitting well with many who frequent the downtown hub. Shoppers at the last outdoor Farmers' Market over the weekend said it was on their minds.

"I think it's the first step in having less and less community events in the area," said Francis Lakatos, who was shopping at the market Saturday.

Starting Monday, the east half of 12th Avenue along City Square, from Scarth to Cornwall Street, will be open to one-way westbound traffic. Until Monday, this section of the street has been pedestrian-only.

"I think it will take people longer to get used to the signals at the intersection," said Tom Forsythe, in Victoria Park on Sunday.

"As long as the vehicles don't speed, traffic should be OK."

City officials note the street will close for special events. Speed limits for vehicles will be 20 km/hr.

City officials expect the west half of 12th Avenue, from Cornwall to Lorne street, to be open at a later date.

Farmers' Market officials are calling for safety to be the city's and pedestrians' number one priority and concern. Some are calling for the installation of a gate or other traffic-calming measures in the area.

However, it's a concern that may get put on the back burner until next year.

Oct. 20 marks the first indoor farmers' market of the year, which will take place Saturday at Cathedral Neighbourhood Centre, 2900 13th Avenue. The indoor market goes each Saturday until Dec. 22.

Online

For more local news go to metronews.ca

Jesse Hamilton walks in City Square Plaza on Sunday afternoon. Pedestrians will have to keep an eye on 12th Avenue starting Monday as the city has begun to allow westbound traffic on the street between Scarth and Cornwall streets.
ROB BROWN/METRO

Education can prevent tragedy: Mom

Zachary Dawson, right, who died in 2011 after attempting the choking game, hugs brother Xander in a 2010 family photo. CONTRIBUTED

The mother of a 13-year-old Saskatoon boy who died from playing the choking game wants to see more parents educate themselves about the fatal nature of high-risk activities.

"Very few parents really know about the high-risk behaviours their kids are up to nowadays," explained Dawn Dawson, mother of Zachary Dawson whose body was discovered in the basement of the family's house on Oct. 14, 2011. "With the Internet, kids teach themselves and often try dangerous things when alone," she said.

Cutting oxygen off from the brain by choking can cause a momentary rush, which some adolescents consider harmless when compared to alcohol or drugs.

In the year since Zachary's passing, Dawson has found support in an international organization called GASP (Games Adolescents Shouldn't Play) and is part of a network of parents across Canada trying to raise awareness about the different risky behaviours popular with youth as young as nine-years-old, said Dawson.

A pilot project was launched at Zachary's school in the weeks after his death to provide parents with an opportunity to hear from mental health professionals and tips on how to prevent such tragedies, said Dawson.

She added that each of Saskatoon's school boards supports future projects and would consider it a "victory" if she could help spread awareness of the issue across Saskatchewan.

BRIAN MOSKOWITZ/FOR METRO

CO2 project

Research centre lays claim to deep hole in province

A research centre in Saskatchewan is laying claim to having dug the deepest hole in the province.

The Petroleum Technology Research Centre is involved in a project to store carbon dioxide underground.

Their hole, near Estevan, is 3.3-kilometres deep.

The well was dug to store CO2 from SaskPower's Boundary Dam power station starting in 2013.

It will also be used for research by the University of Saskatchewan and the University of Alberta.

THE CANADIAN PRESS

Dutch Elm Disease

City to spray trees for beetle prevention

Starting Monday, City of Regina work crews will be spraying for elm bark beetle prevention, which will include a handful of Queen City residential areas.

In an attempt to prevent the spread of Dutch Elm Disease, city crews will spray mainly in the north part of the city.

One area in south Regina residential area is scheduled this week — northeast of the intersection of Pasqua Street and Gordon Road.

For daily tree spraying updates call the city's pesticide advisory line at 777-7777. For more information visit regina.ca.

METRO

An Elm tree that has been infested by elm bark beetles.
CREATIVE COMMONS

Felix Baumgartner celebrates, Sunday, near Roswell, N.M., after becoming the first skydiver to break the sound barrier. The Austrian also broke the record for the highest skydive. BALAZS GARDI/RED BULL STRATOS/THE ASSOCIATED PRESS

Free falling

Faster than a speeding bullet.

Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 24-mile (38.6-kilometre) jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a maximum speed of 1,342 km/h. That amounts to Mach 1.24, which is faster than the speed of sound. No one has ever reached that speed wearing only a high-tech suit.

Baumgartner says that travelling faster than sound is "hard to describe because you don't feel it." With no reference points, "you don't know how fast you travel," he told reporters. "Sometimes we have to get really high to see how small we are."

The altitude he leapt from also marked the highest-ever for a skydiver — more than three times the height of the average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety checklist with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with a 20-second delay.

Quoted

"Sometimes we have to get really high to see how small we are."

Felix Baumgartner

The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.
- **Social media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.
- **Hot trend.** On Twitter, half the worldwide trending topics had something to do with the jump, pushing past seven NFL football games.
- **Flying high.** Among the tweets was one from NASA: "Congratulations to Felix Baumgartner and RedBull Stratos on record-breaking leap from the edge of space!"

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty.

He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

THE ASSOCIATED PRESS

South American rugby match a bittersweet reunion

Surviving members of an Uruguayan rugby team have played a match postponed four decades ago when their plane crashed in the Andes, stranding them for 72 days in the cordillera and forcing them to eat human flesh to stay alive.

The Old Christians Club squared off Saturday in Santiago in a game that was tied 1-1 against the Old Grangonian Club, the former Chilean rugby team they were supposed to play back when their flight went down. Their terrifying story became the basis of a best-selling book and a Hollywood movie.

"At about this time we were falling in the Andes. Today, we're here to win a game," crash survivor Pedro Algorta, 61, said as he prepared to walk onto the playing field surrounded by the jagged mountains that trapped the group.

During the anniversary ceremony military jets flew over the field, where parachutists draped in Chilean and Uruguayan flags landed. In a corner, survivors wept when officials unveiled a commemorative frame with pictures of those who died in the snowy peaks.

"The conditions were more horrifying than you can ever imagine. To live at 4,000 metres without any food," said survivor Eduardo Strauch, 65. "The only reason why we're here alive today is because we had the goal of returning home ... (Our loved ones) gave us life. They made the sacrifice for others."

Carlos Paez, 58, a former member of Uruguay's rugby team who survived a 1972 plane crash, waves a small red shoe after a helicopter carrying team member Fernando Parrado lands in a rugby field in Chile, Saturday. Parrado gave a similar shoe to friends at the crash site in 1972 before he helped trekked with a friend for 10 days to guide rescuers back. LUIS ANDRES HENAO/THE ASSOCIATED PRESS

The Uruguayan air force plane that carried the team crashed in a mountain pass in October 1972 while en route from Montevideo to Santiago. Of the 45 passengers aboard, 16 survived by feeding on dead family members and friends preserved in the snow.

"I think the greatest sadness I felt in my life was when I had to eat a dead body," said Roberto Canessa, 59, who was a teenage medical student at the time of the crash. "I would ask myself: Is it worth doing this? And it was because it was in order to live and preserve life, which is exactly what I would have liked for myself if it had been my body that lay on the floor," he said. Desperate after more than two months in the frigid peaks, Canessa and Fernando Parrado left the crash site to seek help. It was the group's last attempt at survival. After 10 days of trekking, they spotted Sergio Catalan, a livestock herder in the foothills of the Chilean Andes.

Catalan, who at the time rode his horse to the nearest town to alert rescuers, returned to meet the survivors on Saturday in a hat and poncho. He walked slowly this time with the aid of a cane and pointed at the sky when helicopters hovered over the field just as they did 40 years ago over the barren mountains.

THE ASSOCIATED PRESS

United States election. Romney and Obama prepare for next debate

The next eight days could prove critical for both Barack Obama and Mitt Romney — the two bitter rivals for the White House square off for their second and third prime-time debates, both well aware that their first faceoff dramatically altered a rollercoaster presidential race.

The two men took a break from campaigning on Sunday to undergo intensive debate preparation ahead of their next high-stakes clash, this time a town hall-style event on both foreign and domestic policy being held in Hempstead, N.Y., on Tuesday.

Obama was in Williamsburg, Va., at a posh resort on the James River. Various members of his debate prep team, including Romney stand-in Sen. John Kerry — toting a massive binder filled with colour-coded dividers — were seen milling about the resort on Sunday, hoping to ensure a far more spirited, engaged Obama shows up this week.

Romney was at his home in Boston, hoping to build upon his recent momentum by besting Obama yet again with another razor-sharp debate performance.

The battle for the White House is now a horse race in the aftermath of the two mens' first debate in Denver two weeks ago. The Real Clear Politics daily polling average has Romney slightly ahead of Obama nationally, with the Republican also surpassing or nipping at the heels of the president in several crucial battleground states that will determine the outcome of the Nov. 6 vote.

Obama plans to be more aggressive when he squares off against Romney this week, the president's top adviser said Sunday.

"He is going to make some adjustments on Tuesday," David Axelrod said on "Fox News Sunday."

Axelrod accused Romney of having "serially walked away from his own proposals" during the first showdown, an event watched by almost 70 million Americans. THE CANADIAN PRESS

Gun-control debate

You do the crime, you do the time — but we pay

Crimes involving guns cost Canadians more than $3 billion a year, suggests an internal Justice Department study that may stoke the gun-control debate.

The newly released report examined all firearm-related crime in 2008, and calculated costs across a broad range, including the value of policing and prosecuting offenders, lost income and even burial fees for victims.

The total came to $3.1 billion, or about $93 for every person in the country, says the study, completed last year by two federal researchers.

The largest part of the total, about $2.5 billion, arose from so-called "intangible" victim costs, such as amounts assigned to pain, suffering and loss of life. These costs were calculated using broadly accepted values developed by courts, insurance companies and others. THE CANADIAN PRESS

Aerospace industry. India presents 'real opportunity' for Canada: Trade council

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top five aerospace country by 2020.

"I think there is a real opportunity for us," council president Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier, they're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."

Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

Canada's aerospace and space sectors generate annual revenues of more than $22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms, are already pushing to take advantage of the growing demand for new aircraft, pilot training and airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said.

THE CANADIAN PRESS

By the numbers

$1T

The aerospace opportunity in India could total $1 trillion, and even though Canada's share will be small, it's still significant compared to where Canada's sector has been historically, says Rana Sarkar, head of the Canada-India Business Council.

Cattle look out from a feedlot in Brooks, Alta., Wednesday. Lee Nilsson, a co-CEO of XL foods, which runs a Brooks-based meat processing plant at the centre of an extensive recall, acknowledged the plant's stoppage has "caused a great amount of turmoil in the beef community." JEFF MCINTOSH/THE CANADIAN PRESS

Beef plant reverses layoffs to break inspection impasse

E. coli contamination. After weekend of finger pointing, outlook for operations to resume at Alberta firm is improved

The meat processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, resolving a deadlock that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when the firm announced it was temporarily laying off 2,000 workers.

Federal inspectors said they had nothing to inspect without the workers handling the beef.

The Brooks, Alta.-based company blamed the layoff decision on the fact the federal government hadn't given it a firm date for when it would get its licence back in order to fully resume operations.

But late Sunday afternoon, XL Foods put out a news release saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

Lee Nilsson, fellow co-CEO, had also made a pointed reference to the federal agency in an interview Friday with the Alberta Farmer Express.

"I know it's caused a great amount of turmoil in the beef community. I'd just like to say hang on because all things will pass, but at this point there seems to be an uncertainty as to which direction CFIA is going with regard to E. coli at my plant, or any other plant in the country," Nilsson said.

The decision to lay off the workers and effectively shutter the plant caused an immediate backlash. The CFIA said it was completely up to XL Foods as to when the plant would be reopened, and Agriculture Minister Gerry Ritz had given no hint of softening on the inspection regime.

THE CANADIAN PRESS

Quoted

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations."

Brian Nilsson, co-CEO, XL Foods

Broadcasting

Radio-Canada focuses too much on Quebec: Study

A long-standing complaint concerning Quebec navel-gazing by the CBC's French-language news service has been revived as the national broadcast regulator considers Radio-Canada's licence renewal. Sen. Pierre de Bane commissioned an exhaustive research study that suggests Quebec television viewers may be getting an "unrepresentative image of the Canadian reality."

A sample of 2010 newscasts on Le Telejournal, taken by a Carleton University researcher, found 42 per cent of the coverage focused on Quebec, a third dealt with international news and just 20 per cent covered Canadian "national" news. THE CANADIAN PRESS

Canada-EU free trade

Drug-patent deal could cost $2B yearly, officials say

Confidential federal research on free-trade talks with Europe shows giving the EU just one part of what it wants on drug patents would cost Canadians up to $2 billion a year.

In September, officials at Industry Canada and Health Canada examined the cost of the European demand to implement a patent-term restoration system, The Canadian Press has learned.

They found that based on past history of approval patterns, the EU proposal would add an average life of 2.66 years to a typical drug patent, and increase Canadian drug costs by between $795 million and $1.95 billion annually.

THE CANADIAN PRESS

TD Bank

Wayward data tapes affect 1,000 account holders

A TD Bank spokeswoman says about 1,000 Canadians with U.S. accounts could be affected after data tapes containing personal information were misplaced. Maria Saros Leung says letters will be sent to those customers by next Friday. But she says in an email that the bank is not classifying the incident as a breach since there's no evidence of criminal activity.

TD Bank has confirmed unencrypted backup data tapes were misplaced during transport in March. It is notifying about 260,000 customers from Maine to Florida. THE CANADIAN PRESS

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FEARLESS FELIX GIVES US HOPE

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Whew.

I'm exhausted. I just watched Felix Baumgartner jump out of a balloon from 128,000 feet or around 39 kilometres above the Earth.

Then I held my breath as he went into free fall, tumbled around, straightened out, deployed his parachute, and then landed … walking.

That was the best part. This Austrian daredevil leaps out of a tiny capsule at the edge of space, and lands into a stroll.

And it all took about 10 minutes. There are now confirmed reports that he broke the sound barrier on the way down.

If I'm exhausted, I wonder how he feels. The whole ride down may have taken 10 minutes, but the ascent in the balloon took hours of suspense-filled agony, in which Fearless Felix had plenty of time to contemplate the different ways he could die.

The sky's the limit, or is it?

"While the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky."

His blood could boil if his cabin or suit failed to pressurize. He could freeze to death when he encountered temperatures of minus 90 Fahrenheit. He could spin out of control and black out. His chute could fail to deploy and he could do a Wile E. Coyote into the dirt from 128,000 feet.

That sort of thing could give even Fearless Felix pause to consider. But none of it happened, and today, he's the toast of the daredevil planet. Eat your heart out Sir Richard Branson.

Of course, there are detractors, no shortage of people wondering: Why spend so much time and money on what is little more than a stunt? Or if this ultra-high altitude bailout is so important to science and space flight, why send a real human to do the job of a crash test dummy? One guy even called it a waste of the helium used to inflate the balloon.

These questions always have more power if something goes wrong and the blame gets passed around. But nothing went wrong, except the heater on his faceplate apparently failed to operate properly and it started to frost up on the way down.

I think he was lucky that wasn't the only thing to frost up on the way down.

But while the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky. Then he did more than that. He went beyond, to the point where there is no sky. Then he jumped.

How can you not give him a standing ovation? He really did go where no one has gone before. All by himself, and then he came back, literally walking back down.

As long as there are guys like Fearless Felix willing to go farther, faster, better, best and beyond, there is hope. Hope that one day, we will solve the problems that plague our existence and take us to the next level.

Wherever that is. I can barely stand to watch.

Big Brother auditions

Canadians compete for the spotlight

Turns out Canada has a healthy share of reality show schemers and dreamers.

The casting call for Big Brother Canada drew its biggest turnout Sunday when the show made its final audition stop in Toronto.

Hundreds of wannabe players filled a cavernous hotel ballroom that had been converted into a waiting room for the day.

They included Kristy Gorny, a 35-year-old single mom from Oshawa, Ont., who said her longtime love for other elimination-style reality shows, including Survivor and The Amazing Race, would give her an edge. She knew exactly how she'd play the game if chosen to be on Big Brother Canada — where 14 people will be made to live together in a camera-rigged house cut off from all contact with the outside world.

"I'm assuming most house guests will think that I would be more like the mom of the (house) but really I'm going to be the competitive gamer that'll probably stab you in the back," said Gorny, who arrived just before 8 a.m. and expected to wait several hours to see the judges.

THE CANADIAN PRESS

Polar bear? No, it's polar beer!

ROBERT NEMETI/SOLENT

Quirky beer making

Un-freezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

Explorer's viewpoint

"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea … I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."

Explorer Rob Brown (pictured), from the National Oceanography Centre in Southampton, England.
Brown is one of the team members who will be enjoying the beer in Antarctica.

Beer status

Beer's journey for Christmas arrival

The secret recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles, which will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

Yuletide lager

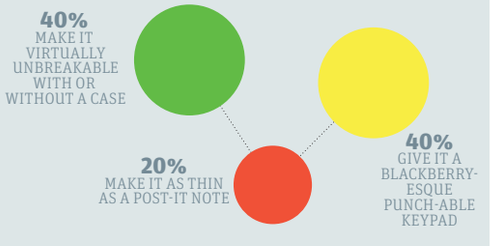
20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you change about the iPhone 5?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Twitter

@pipewrench80:
#yqr #yyc is it ok to go to Walmart in sweatpants on a Sunday?

@jaz10126:
Such a gorgeous day outside in #YQR

@pipewrench80:
I did not watch the #FearlessFelix sky dive. Not my cup of tea. What did you do today #yqr?

@podmartin:
An uplifting feeling seeing the Saskatchewan and Canadian flags lining Albert St on my Sunday morning run. I love Regina! #yqr #yqrvotes

@DavidLoblaw:
A candidate not having lawn-signs is an honourable environmental gesture but a terrible campaign strategy. Old School works. #YQRvotes #YQR

metro
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Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC
scene@metronews.ca

Classic show revisited

Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

1. One spy said to the other, "Beware of Lola, one of her __CAMERAS__ is really a camera."
Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

2. The sexiest thing a woman can wear is ___A SMILE (WHILE NAKED)_____
Debra says: I'm totally guessing at this one. I clearly have no idea.

3. John and George traded __WIVES____ for a week
Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

4. Mary liked to pour gravy on John's _LAP____
Debra says: Responding with a smutty answer is a surefire match. I would've said "BOOBS" but then that changes the back story on John and Mary's relationship.

5. Johnny always put butter on his __EVERYTHING___
Debra says: I know this is the right answer because it's pure scientific fact that butter goes with everything.

Hometown Showdown: Where do these hosts hail from?

Monty Hall Let's Make A Deal

Clue: A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.

ALL HOSTS GETTY IMAGES

Howie Mandel Deal or No Deal

Clue: With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.

Alex Trebek Jeopardy

Clue: This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.

Flip over for answers

- 1. Winnipeg
- 2. Toronto
- 3. Sudbury

Name that Homegrown Show

J_ _t Like M_ _
The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

T_ _t P_ _ tern
Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.

_ _ m _ _r Stu_ _ers
This Global TV puzzler hosted by Al Dubois turned the highway boredom busting pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be "MRONV" belongs to The Voice judge Adam Levine. Answer: Maroon 5.

_ _ u B_ t _ou_ A _ _
This trivia show was never short on potty humour. Take this actual question from the category 'Smelly Things:' "What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

Remember this one? Or are you stumped? Get it? SCREENSHOT

Flip over for answers

- 1. Just Like Mom
- 2. Test Pattern
- 3. Bumper Stumpers
- 4. You Bet Your Ass

Giving Definition its due

Running on CTV from 1974 to 1989, this letter picking brain-tickler debuted a year before Wheel of Fortune and emerged as the quintessential Canadian game show.

While the prize money was peanuts compared to Definition's American counterparts, smooth talking Jim Perry, who also hosted Fractured Phrases, Card Sharks, Headline Hunters, and $ale of the Century, among others, was a consummate pro.

My definition is this: While the Canadian version of Definition didn't have the high-stakes prize money of its U.S. equivalent, the beloved show inspired everyone from Mike Myers to the Dream Warriors. SCREENSHOT

Pop culture caché

Definition featured the Quincy Jones instrumental track Soul Bossa Nova as its theme music.

- Mike Myers was a big fan of the show growing up and paid homage by selecting the tune to be the Austin Powers theme song.
- Toronto hip hop duo Dream Warriors also paid their respects, heavily sampling the song on My Definition of a Boombastic Jazz Style.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus. ALL PHOTOS GETTY IMAGES

Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

Quoted

"If he fails, at least fails while daring greatly"

What one half of the Cyrus/Hemsworth tattoo says.

Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

Taryn Manning

Taryn Manning arrested in New York

Actress and singer Taryn Manning was arrested in New York recently after reportedly getting into a fight with her makeup artist in a hotel room, according to People magazine.

Manning allegedly punched and kicked the woman, Holly Hartmen, during an early-morning scuffle that kicked off at the Dream Hotel.

Despite the arrest, there are apparently no hard feelings, Manning's attorney tells the magazine.

"They'd been together every waking minute and they got on each other's nerves and had a little incident," the attorney says. "It was a minor physical incident."

Manning was arraigned and released on bail.

The Word

Penn and Madonna re-uniting?

THE WORD
Dorothy Robinson
scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teenage boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.

Lindsay Lohan

Lohan loans money to Mom to save her house

Lindsay Lohan's recent scuffle with mom Dina Lohan apparently had something to do with money — and a reported $40,000 loan.

But according to new reports by the New York Post, that barely scratches the surface of Dina's debt situation.

Dina is reportedly in debt for $1.3 million, including $914,000 she owes to JPMorgan Chase for the mortgage on her Long Island home, according to the newspaper.

And that loan from Lindsay?

That was apparently a last-ditch effort to keep her house out of foreclosure.

Mila Kunis

Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with the public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine.

"When they walked out, Ashton fed Mila some of her ice cream," a source said. "They were very cute together."

Kutcher has been staying with Kunis while she films a movie in New York, and while there they've done little to hide their love.

Twitter

@hughhefner
I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!

@RealHughJackman
On set for my birthday. Thanks for all the best wishes!

@stephenfry
Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.

@SarahKSilverman
No one's looking

Ditching the very distracted dinner table

Family time. Sitting down to eat together is an important part of inspiring and engaging

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it can seem easier to just have everyone take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to allow the kids to better understand the challenges and successes they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember; it doesn't hurt to have them take responsibility for table setting and clearing. Make it a family activity. Bon appétit!

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Benefits

The studies speak loud and clear.

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.

Exclusively online

metronews.ca/voices

- **Why mommy's reaching for that martini.** Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling overwhelmed, mom? Declare a strike

Dishes piled up when a Calgary mom went on strike . ISTOCK

Jessica Stilwell let plates pile up and left stinky laundry scattered on the floor to teach her messy kids a lesson.

After six days, she declared victory in her "mommy strike" and gained worldwide attention for her comical blog detailing the struggle.

"Could I ever have imagined this? Absolutely not. It's very overwhelming," Stilwell said over the phone Friday following an interview with TV host Katie Couric in New York.

The 37-year-old social worker appeared earlier in the week on The Today Show and got a high-five from host Matt Lauer for her parenting experiment.

She's off again next week to do The Jeff Probst Show in Los Angeles. Her story has appeared in newspapers from New York to London. Her blog has attracted comments from mothers as far away as France.

Stilwell said the strike worked for her family.

"I think we all learned that despite us being a really busy family, we can't let it slip. My girls have responsibilities."

Stilwell's blog — Crazy Working Mom: Diary of a mother on the brink of snapping! — details how she got fed up with her daughters and decided to go on strike Oct. 1.

She let her husband, Dylan, in on the plan but they didn't tell the girls — twins Olivia and Peyton, 12, and Quinn, 10.

The couple cleaned up each plate and fork they used but left the girls' dishes untouched.

Mould and fruit flies gathered. One pet dog licked clean the dishes that made it into the dishwasher when the door was left open. "Which begs me to question," wrote Stilwell, "if the children will think it's actually clean and proceed to use the dishes in the morning?"

Her youngest girl cracked on Day 4. "My little love broke down in the kitchen tonight as she was trying to rinse a glass to use and began to cry. Through her sobs she said, '...Can you please help me clean up?"'

Stilwell said she tried to negotiate, but it took two more days before all three girls realized they had created the mess and apologized. They then cleaned as a family.

"I know some of you are sad 'The Strike' is over. But feel happy for me please. I WON!!" wrote Stilwell. THE CANADIAN PRESS

A sweet ending in a small bite

Glazed Apple-Ricotta Tarts

This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

1. Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

2. In food processor, pulse together flour, cornmeal, sugar and salt to combine.

3. Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

4. Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

5. Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

Ingredients

Pastry
- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) unbleached all-purpose flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

Filling
- 2 lbs (1 kg) apples (such as Spartan, Cortland or Empire), peeled, cored and diced
- 1/4 cup (5 ml) granulated sugar
- 1/4 cup (50 ml) Calvados (apple flavoured liqueur)
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) whole-milk ricotta cheese

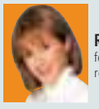
Topping
- 2 apples, peeled, cored and thinly sliced
- 1/4 cup (5 ml) bottled apple jelly

6. Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

2,280 calories/ 109 gm fat/ 1,380 mg sodium This snack contains an entire day's worth of fat, calories and sodium.

Equivalent

Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.

Small popcorn with 1 pump of Becel, small diet pop and Mars bar

840 calories/ 49 gm fat/ 600 mg sodium You can indulge at your fave flick but it's still not nutritional.

Fatigue gets failing grade in France

C'est la vie! Country looking to upend school year traditions in support of work-weary youngsters

Critics of the possible addition of a Wednesday school day in France have suggested lengthening lunch to three hours to tackle the long work days of students. CHRISTOPHE ENA/THE ASSOCIATED PRESS

French children go to school four days a week. They have about two hours each day for lunch. And they have more vacation than their counterparts almost anywhere in the West.

It may sound a bit like the famously leisurely work pace enjoyed by their parents, most of whom work 35 hours per week as dictated by law.

But the nation's new government says elementary school kids risk classroom burnout, and is moving to help them cope. The issue: French school days may be relatively few, but they are at least as long as a day of work for adults. Even 6-year-olds are in class until late into the afternoon, when skies are dark, attention flags and stomachs rumble.

As a candidate, President Francois Hollande promised to change things by adding a fifth day of classes on Wednesday while shortening the school day. For France, it's something of a revolutionary idea that would overturn more than a century of school tradition. The thinking is that the days are too full for young children under the current system and that Wednesday free time could be put to more productive use.

"France has the shortest school year and the longest day," Hollande said at the time, promising change.

His education minister, Vincent Peillon, will decide this month how to carry out the reform. He has said he may also compensate for a shorter school day by trimming France's sacred summer vacation. A panel of experts will present their conclusions on Friday, and the president is expected to address the issue on Tuesday.

C'est dommage!

Things aren't exactly easy for French kids.

- Despite long summer breaks and the four-day school week, French elementary school students actually spend more hours per year in school than average; 847, compared with 774 among countries in OECD, a club of wealthy nations. But the time is compressed into fewer days each year.
- The French school day begins around 8:30 and ends at 4:30 p.m., even for the youngest, despite studies showing the ability of young children to learn deteriorates as the day goes on.

No proposal affects tradition — and potentially family and municipal budgets - as much as what the French call changes to the "scholastic rhythms."

There's been a midweek break in French primary schools dating back to the 19th century, a government concession to the Roman Catholic Church, which wanted children to study the catechism on their weekday off. In today's secular France, Wednesdays currently are a blur of sports, music, tutoring for families of means, or a scramble for working parents struggling to get by — who must either find a sitter or send their kids to a full day at a state-run leisure centre.

Many parents are afraid that the changes will force them to figure out extra childcare five days a week, especially at schools where the afterschool program amounts to sitting silently at a desk for two hours or near-chaos in the play areas. Under the education proposal, school would end at lunchtime on Wednesday.

"It's completely unrealistic," Valerie Marty, president of the national parents' organization, said of the proposed timetable. "They have to figure out who will take care of the children after school, who will finance it."

THE ASSOCIATED PRESS

The long and short of it

France has the shortest school year and the longest day."

Ecoliterate co-author Lisa Bennett

QUESTIONS TO ASK YOURSELF

BEFORE BECOMING YOUR OWN BOSS

ISTOCKPHOTO/THINKSTOCK

Entrepreneurship dangles an enticing carrot — be your own boss. Work your own hours. But what should you know before reaching out for this exciting, yet risky venture?

Here are five questions to consider.

1 **ARE YOU PREPARED FOR AN UNSTRUCTURED ENVIRONMENT?** "There's a lot of structure that exists in a regular work environment. And if you're thinking about opening a business, then suddenly anything you know about structure goes right out the window," says Tracey Scarlett, CEO, Alberta Women Entrepreneurs based in Edmonton and Calgary. "You need to be able to deal with uncertainty and even not knowing exactly what your revenue might end up being."

2 **IS YOUR PRODUCT NEEDED?** "You'll need to learn if there is a demand for your product or service and whether growth potential exists in the marketplace," says Rab Kooner, business adviser with Vancouver-based Small Business BC. "A competitive analysis will reveal who your direct competitors are, what they are offering and at what price point, and this can help you uncover your niche and better develop a competitive edge."

3 **DO YOU HAVE A NEST EGG?** "Don't expect to turn a profit in the first month," Scarlett warns. "It will take awhile and an investment of time and money before you make money." Scarlett recommends figuring out how many months you can go without drawing a salary and still maintain your life. "You need to calculate that so that you don't go into debt unexpectedly."

4 **ARE THERE ANY BARRIERS?** Think licensing, accreditation, regulations and more. "Thoroughly research entry into your industry and assess whether it's achievable to go into it," Kooner says. "And keep in mind: The greater the barrier to entry, the less competition that exists."

5 **DO YOU HAVE PERSONAL SUPPORT?** What supports are around you? "If you've got a family, how supportive is your spouse about this? Do you have other family commitments?" Scarlett asks. "Your time really becomes stretched in your own business because you're dealing with whatever needs to be dealt with to ensure the business goes forward."

SHARING A PASSION FOR OUR WATERY PLANET

Planet Scuba's business model is driven by a love for scuba diving, snorkelling and swimming. For each of these activities, the store carries a full variety of equipment and apparel; it also offers proceed-at-your-own pace training with certified instructors and arranges escorted vacations to popular diving destinations around the world.

Owner Brad Johnson opened his first dive shop in the early 1990s, and established Planet Scuba in 2003. He says the key to success is ensuring that every customer gets exactly what he or she needs.

"To fully enjoy the water, you need the right gear," he says. "So we spend the time needed to make sure everything fits properly."

Planet Scuba takes great pride in being able to outfit all ages, shapes and sizes. This includes a group long overlooked by the dive industry — women. When store administrator Rhonda Hunter completed her scuba training in the 1990s, for instance, there were few wetsuits and dive vests designed for women.

"Now we have gear and apparel for both sexes and even young children," she says. "When I took my course, I was one young woman in a group of middle-aged men; today, our courses include a growing number families keen to learn scuba together."

As the centre of Regina's dive community, Planet Scuba is all about inclusivity and fun. Everyone, regardless of ability, is welcome to participate in the store's Friday night training sessions at a local pool, for instance, and to gather afterwards for pizza. Families are welcome, of course — Hunter's young children, (her eldest learned to swim at age two), are active participants.

LEADER OF THE PACK

MANY HONOURS FOR METRO PET MARKET

METRO PET MARKET PHOTO

One of Regina's most successful retailers is a pet store. Metro Pet Market has won "best local shop" honours in Prairie Dog magazine's annual readers' poll four years running. Only five years old, Metro Pet Market added a second location in 2010. Co-owner Kurt Jensen attributes success to a unique business model.

"We sell only products that I would give to my own pets," Jensen says. "We won't, for instance, carry foods that aren't beneficial to an animal's health."

Many popular brands are absent from the shelves at Metro Pet Market because they contain wheat, soy or corn — common allergens that can lead to health problems.

Metro Pet Market continually researches nutrition and regularly updates its stock accordingly. The store shares this information readily with customers on metropetmarket.ca and its Facebook page.

"There are a lot of myths about pet foods," Jensen says. "Table scraps are not necessarily bad for dogs and kibble isn't necessarily good for their teeth. And pets benefit from a diet that has some variety to it, including some raw foods."

The store stocks foods at a variety of price points, proving that nutritious doesn't have to mean expensive. Metro Pet Market's philosophy also embraces the environment — there is a large selection of toys, bedding and other items made from recycled materials.

The business also promotes responsible pet guardianship; it does not sell pets, for instance, but partners with local animal shelters and rescue organizations.

"We're always evolving and our products change often to reflect advancements in the industry," Jensen says. "And our customers appreciate it when we share what we've learned with them."

FROM SCRATCH HAS FOUND THE RIGHT MENU

DIONNE AMON IS CONTINUALLY GROWING WITH IDEAS

When Dionne Amon took over Regina's From Scratch Meal Assembly kitchen in 2008, she had a pretty clear idea of the business she was buying: A friendly place where people could come and prepare home-cooked meals in the facility's kitchen, or place their order to be assembled by the kitchen staff for pick up. Little did she know that her customers were soon going to ask for more.

"People were soon asking us: Do you do corporate team-building events? Culinary adventures? Private parties?" Amon says. "And at the beginning we said no, our focus is over here on the main meal assembly business."

But Amon recognized that to build a successful business, growth and change were also needed.

These days, it's a matter of what doesn't From Scratch do — from those corporate team-building events to those private meal assembly parties, her business is moving at a fast pace. Food is always what brings people together.

"When people congregate in a kitchen at a party, food is usually what brings them there, so people love our fun and interactive private cooking events and meal assembly parties in our homey kitchen atmosphere" Amon says.

Now into her fourth year (and the business's fifth year), Amon has learned that persevering as an entrepreneur and continually growing with ideas are the keys to the business's success.

Other innovations From Scratch has added include corporate lunch catering and serving populations with specific needs — think of dishes with special dietary restrictions or personal preferences, or serving singles, students and senior citizens in need of smaller meal portions.

"I've got more ideas than hours in the day," Amon says. "And as an entrepreneur, you should be able to accept change and keep going."

From Scratch
Meal Assembly Kitchen
From Scratch Kitchen Regina's 1st and Only Meal Assembly Kitchen! We are a Locally Owned Family Business, designed to bring busy Families back to the Dinner Table!
Save Time!! Save Money!!
Save Stress!!
✓ Delivery available upon request
✓ 40 different menu items for your family to choose from
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Bridal / Showers
Parties / Ladies Night
Busy Families
Team Building
On The Go
401 Victoria Ave.
(Across from Hillbilly Vac Shack)
PH 306.522.6325
HRS
Tues-Fri 10:00am-6:00pm.
Sat 11:00am-4:00pm.
CLOSED Sun, Mon & Holidays
fromscratchkitchen.com

ISTOCKPHOTO/THINKSTOCK

ITALIAN STAR IS ALL ABOUT FAMILY

Italian Star Deli is known for many things — its imported olive oils and vinegars. Its Italian meats. Its panino sandwiches. But it's also known for its family style since it's a family business through and through.

The deli opened in 1966 by Frank and Gina Giambattista. Back then, Frank worked evening shifts at Italian Star when he was done his day job while Gina worked days. And it was a different grocer back then.

"We had goods for the neighbourhood, such as bread and milk," says Carlo, who joined the deli full time 1979. "Now it's totally the opposite. We now focus on specialty European items."

The evolution of the business seems to be key to its ongoing success.

"I can remember distinctly the day Superstore came to our city and my mom and I would look at each other and say: Where did everyone go?" Carlo says. "We were just a small-time player at that time. Stores have come in and opened and there's a lot of competition, but we just stuck it through."

And now evolution is on the horizon again — Carlo's daughter Marina, 21, works with him and he anticipates the business growing under the next generation to include a café. Not completely foreign territory since Italian Star is one of four partners behind Regina's Fortuna restaurant.

But for now, Carlo enjoys the success and working with his family.

"The family part of our business is very, very important to us and people can see that," he says.

PHILLIPS BLINDS AND SHADES MOVING TO NEW STORE NOV. 1

CONTRIBUTED

Regina's favourite store for window treatments is moving to a new and larger location at 1820 9th Ave. N. on Nov. 1.

"The new location is about twice the size of our current store," says owner Linda Phillips. "My husband and I are excited to be expanding our business into home accents, such as candles, vases and framed works."

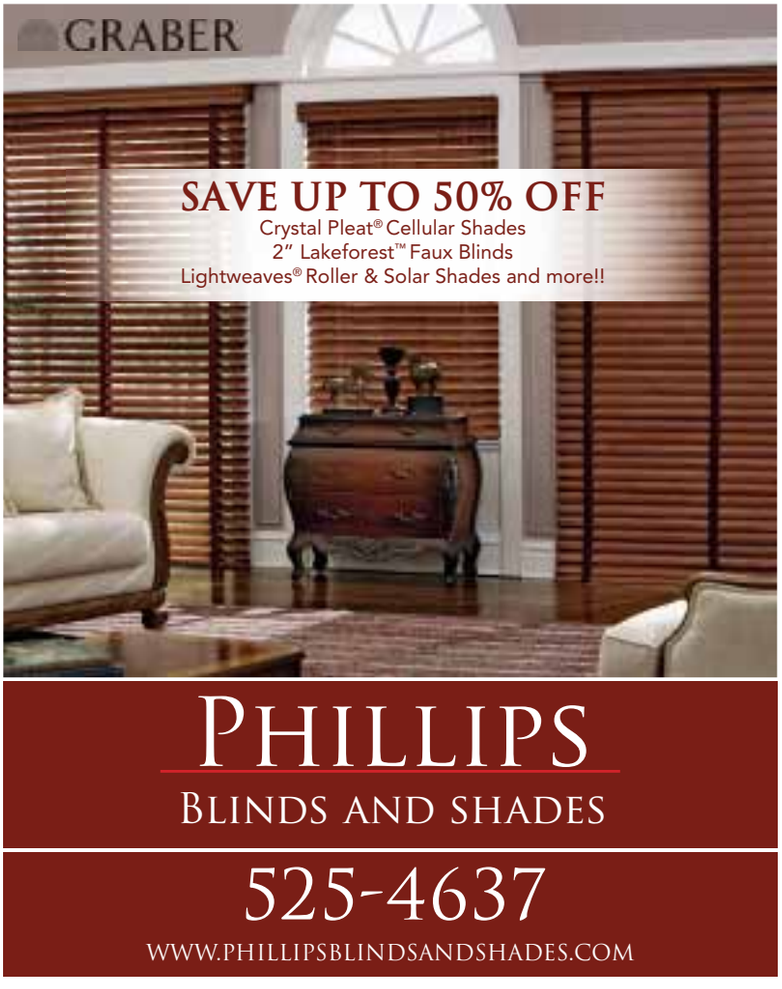
The business model will remain unchanged: Unsurpassed customer service, great value, and top-quality merchandise. Phillips Blinds and Shades offers free in-home estimates and free installation, and specializes in Graber products, widely considered the finest blinds on the market. In 2011, Phillips Blinds and Shades was one of Graber's top-five dealers across Canada.

Linda and Rob Phillips take great pride in working with customers to identify and meet their needs.

"This is more than just a job for us, it's a passion" Linda says. "We strive to deliver the best in customer service and provide a great shopping experience."

With more than 34 years of experience, Rob and Linda Phillips have the knowledge and experience needed to help select the window treatments that best suit a customer's needs and budget.

And starting in November, Phillips Blinds and Shades will also sell home accents at its new location.



Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium. Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GETTY IMAGES

Missed call propels Tigers to 2-0 lead

ALCS. Umpire's gaffe leads to pair of Detroit runs in tightly contested Game 2

Anibal Sanchez and the Detroit Tigers made the plays, got a favourable call from an umpire and took advantage of their few chances at the plate.

The reward: A commanding lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down a Yankees lineup minus injured shortstop Derek Jeter, and Detroit won without any drama, beating New York 3-0 Sunday for a 2-0 cushion.

Yankees starter Hiroki Kuroda pitched perfect ball into the sixth inning but the slumping New York hitters looked lost.

Making his second postseason start, Sanchez pitched three-hit ball deep into the game to make Tigers manager Jim Leyland's handling of a bullpen without struggling closer Jose Valverde a lot easier.

The Tigers scored twice in the eighth after second base umpire Jeff Nelson missed a call on a two-out tag at second base.

Game 3 in the best-of-seven series is Tuesday night in Detroit, with reigning AL MVP Justin Verlander starting for the Tigers against Phil Hughes. Verlander went 2-0 in the division series versus Oakland, including a four-hit shutout with 11 strikeouts in the decisive Game 5. THE ASSOCIATED PRESS

Game 2

Tigers	Yankees
3	0

Jeter injured

Yankees shortstop Derek Jeter was absent for Game 2 on Sunday, off undergoing tests after his left ankle cracked in the 12th inning of Saturday night's 6-4 loss to the Tigers.

- Jeter had scans Sunday, which confirmed the fracture.

WHL

Pats go 1-1 in weekend tilts at Brandt Centre

The Regina Pats came out of the weekend with a win and a loss at home at the Brandt Centre.

The Pats started the weekend with a 3-2 overtime loss to the Swift Current Broncos on Friday evening. Despite a two-goal effort from forward Chandler Stephenson, the Broncos still got the best of the Pats with a power-play goal in overtime.

The Pats didn't take long to get over Friday night's loss. Regina bounced back on Saturday against the Everett Silvertips with a 4-3 win. Morgan Klimchuk got the Pats off to quick start, finding the back of the net 44 seconds into the first period.

The Pats now hold a record of 5-5-1 and sit fourth in the East Division. The team will take to the ice at the Brandt Centre again on Friday when they face-off against the Tri-City Americans. METRO

CJFL

Thunder lower boom on Colts' perfect season

The Regina Thunder came up big this weekend against the Calgary Colts at McMahon Stadium.

The Thunder defeated the top-ranked team in the Prairie Conference 24-21 in the conference semifinals.

The Thunder upset the Colts' perfect season with a late, hard fought battle in the dying moments of the fourth quarter.

The Thunder next kick off against their rivals the Saskatoon Hilltops in the Prairie Football Conference final on Sunday in Saskatoon.
METRO

No excuses after Riders fall in Edmonton

Eskimos' quarterback Kerry Joseph gets tackled by Roughrider Craig Butler on Saturday in Edmonton. IAN JACKSON/THE CANADIAN PRESS FILE

The Edmonton Eskimos have gone from a team all but written off to one that controls its own destiny.

Saskatchewan, meanwhile, saw a three-game winning streak come to an end.

Kerry Joseph passed for three touchdowns Saturday as the Eskimos kept a possible playoff path through the CFL's West Division open with a 37-20 victory over the Saskatchewan Roughriders.

It was the second win in a row for the Eskimos on the heels of a five-game losing streak and improved their record to 7-8 to move one game back of the Roughriders (8-7) for third in the West.

"We knew we were on a short week, but we can't use that as an excuse," said Roughriders head coach Corey Chamblin. "We came out to play a football game and they won it. We must move on. We're still a winning team right now. Our focus is to get into the playoffs and the biggest disappointment is that we didn't get into the playoffs today."

Edmonton now also owns the season series between the two teams in the event of a tie.

"We've turned some things around," Joseph said. "I think we have turned the corner, but we are not where we want to be yet."

Both teams are ahead of Hamilton for third in the East Division in the event of a playoff cross-over game.
THE CANADIAN PRESS

By the numbers

41-9

Edmonton's record against the Roughriders at Commonwealth Stadium improved to 41-9 after Saturday's win.

Horoscopes

♈ Aries
March 21 - April 20
Not even an Aries can be totally independent, not all the time, so accept that this is one of those occasions when others are calling the shots – and don't just assume that their decisions will be bad for you.

♉ Taurus
April 21 - May 21
An offer of some kind may mean more work for you personally but you are big enough to handle it - and smart enough to realize that if you don't take it someone else will. Don't you dare say no!

♊ Gemini
May 22 - June 21
Today's new moon is so well placed in your chart that even the smallest of efforts on your part will yield super-size dividends. Is there a limit to how high you can rise? No there is not, so go for it.

♋ Cancer
June 22 - July 23
It's time to smooth out any problems you may be having at home. Don't wait for loved ones to make the first move – it is up to you to get bad feelings into the open where they can be dealt with.

♌ Leo
July 24 - Aug. 23
You must make more of an effort to put your point of view across, especially in social situations where your way with words could open doors that have been closed to you in the past. Get your silver tongue working.

♍ Virgo
Aug. 24 - Sept. 23
There is a very good chance that your income will increase over the next few days, maybe dramatically so. You will, of course, find more things to spend it on, so you may not be any better off.

♎ Libra
Sept. 24 - Oct. 23
A new moon in your sign is a firm promise of better days ahead. The most important thing now is that you believe you are capable of anything, for the one thing that could hold you back is self-doubt.

♏ Scorpio
Oct. 24 - Nov. 22
You will be thinking deeply today about your life and the direction it seems to be heading. Change is necessary. Change will bring success. But first you must get over your self-doubt – there is simply no need for it.

♐ Sagittarius
Nov. 23 - Dec. 21
New friendships you make over the next two or three days will last a lifetime. Even a Sagittarius needs encouragement now and again and the people you meet will inspire you to aim higher than ever before.

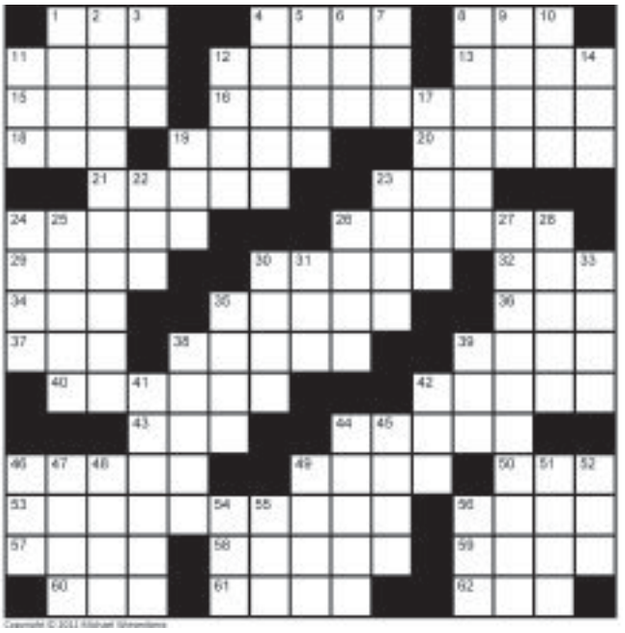
♑ Capricorn
Dec. 22 - Jan. 20
Today's new moon means you are destined for some kind of celebrity status – you will certainly get noticed by the powers that be. Remember though that the bigger your public face the less of a private life you may have.

♒ Aquarius
Jan. 21 - Feb. 19
If you have been thinking about doing something different with your life today's new moon in your fellow Air sign of Libra will help you see that your dream is both possible and desirable.

♓ Pisces
Feb. 20 - March 20
Today's new moon will help you focus on what is important and help you make whatever tough decisions may be necessary. What you achieve before the end of the year depends on what you do now.

SALLY BROMPTON

BY MICHAEL WIESENBERG



Across
1. Expire
4. Feeling achy
8. Ballplayer's hat
11. Pig sound
12. Chess and checkers
13. ___ the Red: 10th-century explorer who founded the first Norse settlement in Greenland
15. Stockings
16. Visiting faraway places
18. Québec neighbour: abbr.
19. Express pain vocally
20. Assistants
21. Covered with water
23. "Barbara ___": 1966 Beach Boys hit
24. Better suited
26. Slumbers
29. Box office disaster
30. Heads or ___: flip choice
32. Certain batteries
34. Female sheep
35. Cash drawers
36. Street: Fr.
37. ___ star: sheriff's badge
38. Appeal strongly to
39. Sask. neighbour
40. Engraves with acid, as glass
42. Foreign
43. Stop color
44. Christmas visitor
46. ___ as that goes: to that extent (2 wds.)
49. Troubadour
50. Wizard of Oz and 2001: A Space Odyssey studio
53. Capital of the Yukon
56. Protagonist
57. Sole
58. Military bigwigs
59. All over again
60. "Limit: one ___ customer"
61. Heed
62. Pig pen

Down
1. See 8-Down
2. Partial regular payment on a debt
3. ___ out a living: barely manage
4. NS-born singer McLachlan
5. Arabian Peninsula sultanate
6. Race, as an engine
7. 180° from WNW
8. With 1-Down, Charlemagne, Québec-born pop singer who has a spectacular show at Caesars Palace in Las Vegas
9. Dry
10. Scent for a car freshener
11. "So that's it!"
12. Bygone Pontiac muscle cars
14. Metric wts.
17. Country roads
19. Cause surface damage to
22. Spider's lair
23. "___ fair in love and war"
24. Aid, particularly someone in the commission of a crime
25. "Changes," "Fame," and "Let's Dance" rocker David
26. Buildup at a river's mouth
27. Canada's government
28. Fry in butter
30. Canada's quintessential coffee and donut place, familiarly
31. Mont Blanc or Matterhorn, e.g.
33. Actor Young or Penn
35. Started a golf hole, with "off"
38. "Been ___, done that"
39. PC key usually next to the spacebar
41. Lunar landscape feature
42. In addition
44. Fresh-mouthed
45. Greek counterpart of Mars (god of war)
46. Hole-punching tool
47. Browse at the mall
48. Judge's decision
49. Scottish hillside
51. Between black and white
52. Cut grass
54. The Sopranos home
55. The sun, for one
56. Possesses

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		9		8		7	
			1		4			
6		4				8		2
		6	5		9	2		
3								5
		5	4		1	6		
1		3				4		7
			8		7			
	7		3		6		2	

Friday's Sudoku

Today 16°/3° Variable
Tuesday 16°/2° Variable
POINTCAST Get Your 10m Weather
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Sharability

easy — hard

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